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The Seven-Day Revenue Action Tracker

Choose one commercially meaningful action each day. Complete it, record what happened, and decide the next move. The goal is not to control the response. The goal is to build evidence that you can act consistently.

Day	Result I am creating	Today's client-creating action	Time scheduled	Done	Market response	What I learned	Next action
Day 1				☐			
Day 2				☐			
Day 3				☐			
Day 4				☐			
Day 5				☐			
Day 6				☐			
Day 7				☐			

End-of-week reflection

1. How many actions did I complete?

2. How many conversations did these actions create?

3. What type of action produced the strongest response?
4. What did I learn about my avoidance pattern?

5. What action will I repeat next week?

6. Where would support or accountability help?

One reset creates movement. A supported weekly rhythm creates momentum.

START MY SEVEN-DAY DOING MODE TRIAL

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